

**WHAT IS CLAIMED IS:**

1. A webbing insertion member comprising:
  - an opening through which a webbing may pass; and
  - a webbing guide for guiding at least one of the sides of the webbing in order to prevent the webbing from shifting along the longitudinal direction of the opening;
  - wherein the webbing guide is disposed in or near the opening.
2. The webbing insertion member of claim 1, wherein the opening has a length in the longitudinal direction which is slightly greater than the width of the webbing, and wherein the webbing guide includes the longitudinal ends of the opening.
3. The webbing insertion member of claim 2, wherein the length of the opening in the longitudinal direction is 1.01 to 1.1 times as large as the width of the webbing.
4. A webbing insertion member for a seat belt system, comprising: an opening for receiving a seat belt webbing; and a belt guide for reducing the sliding and gathering of the webbing in the lateral direction of the opening during retraction of the webbing.
5. An insertion member for a vehicle seat belt webbing comprising:
  - a hole for pivotally connecting the member to the vehicle;
  - an opening in the member through which the webbing passes;
  - a bearing surface over which the webbing slides during retraction and extraction;
  - wherein the length of the opening is slightly greater than the width of the webbing so that as the webbing passes through the opening ends of the opening confront left and right sides of the webbing in order to substantially prevent the webbing from shifting laterally within the opening.

6. The insertion member of claim 5, wherein the height of the opening is slightly larger than the thickness of the webbing so that the webbing cannot gather at one end of the opening.